



Your guide to Marathon Health

See what Marathon Health can offer NJ State Health Benefits Program (SHBP) and School Employees' Health Benefits Program (SEHBP) Members

You and any covered family members have dedicated access to care from a personal doctor with Marathon Health. Marathon does not replace your insurance, but is instead available. This does not require any changes to your health insurance and does not charge any co-pays. That's right, no co-pays.

Marathon Health is one of the largest Direct Primary Care (DPC) providers in the nation. In New Jersey, we have 11 health centers and are growing across the state. We provide easy access to primary care services which are sponsored by employers and unions and are available at no cost to employees and their covered family members. At the heart of Marathon Health our care-focused professionals dedicated to transforming the healthcare experience for the New Jersey SHBP and SEHBP communities. Our collective goal is to advance your health by providing accessible, convenient primary care at no cost or co-pay.

Features

- More time with your doctor
- Little to no wait
- No co-pays
- Same-day and next-day appointments for urgent issues
- 24/7 access to manage your care

Services

- Annual physical exams
- Chronic condition management
- Full-scope family medicine
- Men's and women's health
- Mental health counseling
- No cost onsite lab work
- School and sports physicals
- Select onsite medications at no cost
- Sick and urgent care



Schedule an appointment
Call 866-434-3255 or visit
clients.marathon.health/newjersey





Getting started with Marathon is simple



- 1 Create your online account at my.marathon-health.com/registration**

From here, you can schedule an in-person or virtual appointment. Once you've completed your initial appointment, you can message your care team, request prescription refills, view your appointment history, find any upcoming screenings that are due and more. You'll need your insurance ID to create your account so please have that available.
- 2 Schedule your initial appointment**

We encourage you to schedule your first appointment even if you aren't sick or in immediate need of a doctor. Marathon takes a different approach to care, and we want to get to know you, your medical history, and any medications you're taking. The goal is to keep you healthy and be there to help you if you are sick. You can schedule via your online account on the portal or app or by calling your health center directly.
- 3 Earn your NJWELL reward with Marathon Health**

Did you know that you can earn points toward your NJWELL reward if you have a well visit and follow-up visit with your Marathon Health Direct Primary Care doctor and complete a health assessment through your health plan's online portal?
- 4 Contact us when you need us**

We are your partner in primary care. To schedule, message your doctor on the patient portal/app or contact the health center. We are here for you when you need us.



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Find convenient locations near you



Cherry Hill

1040 Kings Hwy. N
Ste. 104
Cherry Hill, NJ

Clifton

4 Brighton Rd.
Ste. 208
Clifton, NJ

Ewing

34 Scotch Rd.
Ste. 1
Ewing, NJ

Fair Lawn

14-01 Broadway
Fair Lawn, NJ

Hamilton, NJ

1235 Whitehorse
Mercerville Rd.,
Ste. 301 + 302 Bldg C
Hamilton, NJ

Jersey City

100 Town Square Pl.
Ste. 630
Jersey City, NJ

New Brunswick

205 Easton Ave.
Ste. 2
New Brunswick, NJ

Toms River

355 Lakehurst Rd.
Toms River, NJ

Voorhees

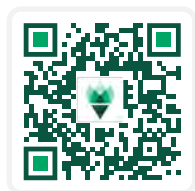
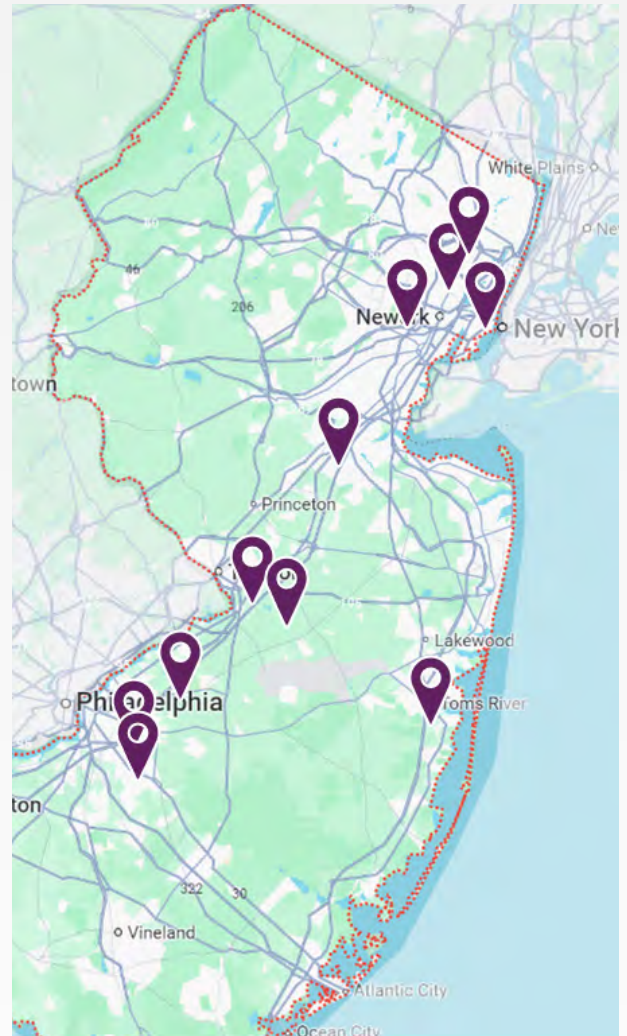
1000 White Horse Rd.
Ste. 202
Voorhees, NJ

West Orange

405 Northfield Ave.
Ste. 105
West Orange, NJ

Willingboro

630 Beverly Rancocas Rd.
Willingboro, NJ



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Earn your NJWELL incentive

NJWELL is offering a \$250-\$350 reward to active NJ SHBP and SEHBP members and their covered spouses or partners with just a few easy steps.

As an Marathon Health patient, you will automatically qualify for your NJWELL reward when you:

- Complete a health assessment through your health plan's online portal
- Complete a comprehensive physical examination and at least one follow-up appointment with your Marathon Health provider
- Complete all of the above between November 1 and October 31

Patients earning their NJWELL reward with Marathon Health are exempt from submitting a biometric screening form, as the two visits with Marathon Health replace the need for the form. Please contact Horizon® Blue Cross Blue Shield of New Jersey at 1-800-414-7427 or Aetna® at 1-877-782-8365 with questions.

With your New Jersey State Health Benefits, you have dedicated access to a personal doctor with Marathon Health. Marathon Health is available as part of your New Jersey SHBP / SEHBP plans through Horizon® Blue Cross Blue Shield of New Jersey and Aetna® and does not require any changes to your health insurance and no co-pays.



Members and covered spouses or partners can each earn \$250-\$350.



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Frequently Asked Questions

What is Marathon Health?

Marathon Health is a national onsite, near-site, and virtual primary care provider that offers healthcare for employers, unions, and other organizations. That means that we operate patient-centered health centers where patients can get 90% of the medical services they need from an experienced doctor, at no cost. Marathon doctors are dedicated to your healthcare and are easy to reach at convenient locations near your home or work, as well as virtually (by phone or video).

Why is this benefit being offered?

Our clients have seen significant healthcare cost increases each year; we're on a mission to fix the broken healthcare delivery model that causes them. By partnering with us, you gain an additional choice to address the cost and quality of the healthcare you receive. Your access to Marathon gives you high-quality, no co-pay primary care through your Marathon doctor.

Who's eligible to receive Marathon services?

NJ State Health Benefits Program (SHBP) and School Employees' Health Benefits Program (SEHBP) members and any covered family members on a PPO health plan have access to care from a personal doctor with Marathon Health as part of your New Jersey SHBP / SEHBP plans through Horizon® Blue Cross Blue Shield of New Jersey and Aetna®. Unfortunately, this does not apply to those with HMO plans, high deductible plans, or Medicare retirees.

What's different about Marathon compared to my current primary care provider (PCP)?

As an Marathon patient, you have 24/7 access to manage your care. Our doctors offer a scope of services that are broader than a typical primary care practice – everything from routine checkups and urgent needs to chronic condition management and mental health screenings, with many services available virtually (by phone or video). Your doctor can also help you make appointments for specialist services or care that can't be provided at the health center.

Does choosing the Marathon option increase my healthcare costs?

No, it should do just the opposite. A visit to an Marathon health center can save you an expensive trip to the emergency room or urgent care, and visits are with no co-pays for preventive and non-preventive services. There's also no charge for phone, secure messaging, or other remote interactions with your doctor. Some tests and procedures may be billed to your primary insurance at rates that are usually much lower than with other doctors. Services that aren't covered by your access to Marathon may still be covered by your organization's insurance plan.

How experienced are Marathon doctors?

Marathon doctors are board-certified or board-eligible, with experience caring for both pediatric and adult patients. Our providers see 70% fewer patients than a typical primary care doctor, allowing them to spend more time with you when you need it, start appointments on time, and provide you with flexible appointment availability.

Why should I consider using an Marathon doctor as my PCP?

We recommend that you make your Marathon doctor your first point of contact for any health concerns. They provide a personalized level of service and can help you manage your overall care. So, instead of waiting to see a specialist to receive care, you can take advantage of the variety of services offered at your health center and through virtual care. Immediately after signing up, we recommend that you schedule your welcome appointment so your provider can get to know you, discuss your health history, and answer any questions you may have.

How is Marathon different from an urgent care clinic?

We don't have the long wait times that you may experience when going to a walk-in clinic. Scheduling your appointment for same-day or next-day urgent needs allows you to get in at your scheduled appointment time instead of waiting behind the people in front of you. You can also choose to schedule a virtual appointment from the comfort of your own home (by phone or video).

What if I already have a pediatrician for my children who I like?

We know that many parents have established relationships with pediatricians. You may choose to register your children with Marathon but continue a relationship with their existing pediatrician. Typically, your Marathon doctor can be an additional option for your kids' healthcare needs, and it usually takes less time to get an appointment at your Marathon health center than it does at a pediatrician's office.

Does Marathon make it easier for me to manage refills and dosage changes?

Yes, your Marathon care team makes it easy to manage your medications. Once you have established care, your refill requests and many dosage adjustments can be handled remotely (by phone or online) and called in to your pharmacy of choice without the need for an in-person office visit.

How does Marathon protect my personal health information?

Marathon Health values your trust and one of our highest priorities is to protect our patients' personal health

information. We are required by law to protect and keep patients' personal health information private. This means any patient health information will not be shared with the employer or organization without the patient's consent. Health information includes a patient's history, visitation schedule, frequency, and test results. Marathon Health maintains physical, electronic, and procedural security safeguards for managing our patients' health information, in accordance with applicable state and federal standards, to protect against risks such as loss, destruction or misuse. Our Notice of Privacy Practices is available on the company website under the Compliance tab and onsite at our health centers.

Should I wait until I'm sick to schedule an appointment?

It's important to build a lasting relationship with your doctor. You'll want them to know you, your medical history, and your health concerns long before you get sick. Plus, Marathon employs screening protocols that may catch a health issue that can be treated, preventing it from becoming an urgent situation or a chronic condition.

How do I sign up?

Visit my.marathon-health.com/registration to create your online account and get started.

You can also learn more at clients.marathon.health/newjersey



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